



# ZUCCHINI & TOMATO FLATBREADS

with Lemon Ricotta, Fresh Parsley, Honey & Chili Flakes

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 2  
Zucchini



1 | 2  
Tomato



1 Clove | 2 Cloves  
Garlic



1 | 1  
Lemon



4 oz | 8 oz  
Ricotta Cheese  
Contains: Milk



2 | 4  
Flatbreads  
Contains: Sesame,  
Wheat



¼ oz | ¼ oz  
Parsley



1 tsp | 1 tsp  
Chili Flakes



2 tsp | 4 tsp  
Honey



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## HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Chopped Chicken  
Breast

Calories: 680



9 oz | 18 oz  
Italian Chicken  
Sausage Mix

Calories: 750



PREP: 10 MIN | COOK: 25 MIN | CALORIES: 490



HELLO



## LEMON RICOTTA

Citrusy, creamy-soft cheese adds sophistication to flatbreads.

## HEAT IT UP

Why do we ask you to preheat the baking sheet? Simple: A hot sheet helps the flatbreads get nice and crispy from the moment they hit the sheet.

## BUST OUT

- Baking sheet
- Zester
- Kasher salt
- Black pepper
- Cooking oil (1 tsp | 2 tsp) (1 tsp | 1 tsp)  
- Olive oil (2½ tsp | 3 tsp)
- Large pan
- 2 Small bowls

## MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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## 1 PREP

- Place a **lightly oiled** baking sheet on top rack (for 4 servings, use 2 lightly oiled baking sheets on top and middle racks) and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **zucchini** lengthwise; thinly slice crosswise into half-moons. Thinly slice **tomato** into rounds. Peel and mince or grate **garlic**. Zest and quarter **lemon**.

-  Open package of **chicken\*** and drain off any excess liquid. Season all over with **salt** and **pepper**. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken or **sausage\***; cook, stirring frequently, until browned and cooked through, 4-6 minutes. Turn off heat; transfer to a plate. Wipe out pan.
-  Use pan used for chicken or  sausage here.





## 4 MAKE LEMON RICOTTA

- In a second small bowl, combine **ricotta**, **half the lemon zest**, ½ tsp olive oil (1 tsp for 4 servings), and **lemon juice** to taste. Season with **salt** and **pepper**.



## 2 COOK ZUCCHINI



- Heat a **drizzle of olive oil** in a large pan over medium-high heat. Add **zucchini** and cook, stirring, until lightly browned and softened, 5-6 minutes. Season with **salt** and **pepper**.

-  Use pan used for chicken or  sausage here.



## 5 BAKE FLATBREADS

- Carefully place **flatbreads** on prepared sheet (divide between both prepared sheets for 4 servings). Evenly spread flatbreads with **lemon ricotta**. Top with **zucchini** and **tomato**.
- Bake on top rack (top and middle racks for 4) until flatbreads are golden brown, 10-12 minutes.

-  Top **flatbreads** with **chicken** or  **sausage** along with **veggies**.




## 3 MARINATE TOMATO

- While zucchini cooks, in a small bowl, combine **tomato**, **garlic**, and a **drizzle of olive oil**. Season with **salt** and **pepper**.



## 6 FINISH & SERVE

- Meanwhile, pick **parsley leaves** from stems; roughly chop leaves.
- Once **flatbreads** are done, garnish with parsley, **remaining lemon zest**, and **chili flakes** to taste. Drizzle with **honey**, then slice into pieces.
- Divide between plates and serve with any **remaining lemon wedges** on the side.

 \*Chicken is fully cooked when internal temperature reaches 165°.

 \*Chicken Sausage is fully cooked when internal temperature reaches 165°.